

## Organizing References

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    - iv. smell 100,000
    - v. taste 1,000
  - b. Richard Gregory (1989) explains a representation of external stimuli as a hypothesis or a prediction by our brain of what is actually being perceived. Information is sensed, relayed, and processed. During this process most of the information is discarded to provide you with a representation of reality based on our focused attention. What we are focused on will result in our conscious experience. Norretranders (1998) refers to the discarding of information as exformation.
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    - i. Many researchers (being human) expected that the human brain would show a tremendous information processing capability. Interestingly enough, when researchers sought to measure information processing capabilities during "intelligent" or "conscious" activities, such as reading or piano playing,

they came up with a maximum capability of less than 50 bits per second. For example, a typical reading rate of 300 words per minute works out to about 5 words per second. Assuming an average of 5 characters per word and roughly 2 bits per character yields the aforementioned rate of 50 bits per second. Clearly, the exact number depends on various assumptions and could vary depending on the individual and the task being performed. It is known, however, that the senses gather some 11 million bits per second from the environment.

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## 6. Conclusion

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    - a. a. providing systems to alert the population;
    - b. b. providing the IT systems of the protection & support service;
    - c. c. procuring equipment and material for protective premises;
    - d. d. procuring standardised material for the protection & support service.
  - 2. Article 45 Principle, Each resident shall have the right to a place in a protective shelter near to his or her home.
  - 3. Article 46 Obligation to construct
    - a. 1 When building houses, homes and hospitals, the property owner shall be obliged to provide, equip and
    - b. maintain shelters.
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QUOTES:

**ADDICTION** IS A MAIN ONE ("experiment v4, cog diss, new addiction 2.08)

- Grof et al. [28,29] suggest that **"all addicts experience an internal loss, a spiritual bankruptcy or soul sickness that cuts them off from the world around them"**. They enter the soul's dark night and wrestle with the demons of fear, loneliness, insanity and death that are so common in spiritual crisis. Thus begins a search, a longing, a thirst and a hunger for spiritual re-connection and identity. If we only see the addiction as something to get rid of, to fix it to cure, we are **(\*\*)reducing** clients to their symptoms. Susie Orbach [30] writes, "we don't produce symptoms unless we have no other route to express distress...if we remove it without exploration, we usually produce a symptom switch". Therefore as social workers we need to search for the value, meaning and purpose hidden within the addiction.